

How to Use the Head Start Family Smoking Survey

April Williams: How to Use the Head Start Family Smoking Survey.

My name is April Williams and I'm the program coordinator for the Head Start National Center on Health.

I'd now like to introduce our presenter, Dr. Jonathan Winickoff. Dr. Winickoff is a practicing pediatrician at the Massachusetts General Hospital, an associate professor of pediatrics at Harvard Medical School. He has training and experience in health services research, medical ethics, neurobiology, statistics, and behavioral therapy. He has backed the key tobacco control policy and served as a scientific advisor for the CDC Communities Putting Prevention to Work, the Massachusetts Tobacco Control Program, Indiana Tobacco Control Program, Head Start, WIC, the Food and Drug Administration, the Department of Housing and Urban Development, the Institute of Medicine, and the U.S. Surgeon General through the Interagency Committee on Smoking and Health. And now I'll turn it over to Dr. Jonathan Winickoff.

Dr. Jonathan Winickoff: Thank you April. Hello and welcome everybody. In this short webcast, we'll be talking about how to use the Head Start Family Smoking Survey with parents and families in your program. In the next few minutes, we'll describe and explain the Head Start Family Smoking Survey. Then we'll talk about opportunities to create a system for using this tool with every family in your program every year. There are three key steps to help families become tobacco-free.

The first and most important step is to find out who uses tobacco in each family. This is the Ask step. The second step, once you know who the smoking families are, is to give families a strong recommendation to be completely tobacco-free in the home and car. Your families look to Head Start for guidance on many health issues. And when you make this a priority, they know it's important. This is the Advise step. We will go into greater detail about the Advise step in another webcast, "Protecting Families from Smoke in Homes and Cars." The asking and advising steps begin the conversation, but there are experts available in all 50 states to help families take the next step in their quit process. Your role is to link families to these experts and resources.

This is the third step. Refer. We will go into greater detail about the Refer step in another webcast, "Connecting Families to Free Quit Resources."

This is the one-page simple survey. When you complete this one-page survey with families, you are completing the Ask, Advise, and Refer cycle in helping families take steps toward healthier lives. Now let's go to the top half of the survey in detail, the ask section. What do we mean by "Does your child live with anyone who smokes?" We are specifically looking at smoked tobacco. Some examples include cigarettes, cigars, cigarillos, blunts, hookah, pipes, or electronic cigarettes or vape pens.

Some people contemplating this survey will say yes because someone in the home smokes marijuana. That's okay. We can still use this tool with marijuana users, because many people who use marijuana also use tobacco. Stopping smoking of all forms is a priority for helping children. We ask who smokes on the survey because knowing that information will help you direct services for the specific person who may want them. Sometimes nobody who lives in the

home or apartment smokes, but visiting relatives or friends who come over may be allowed to smoke when they are visiting. Sometimes the parent may say that people smoke in the bathroom or basement or on the porch. These would still be considered smoking in the home.

Some parents say they allow smoking with the windows open or with the cigarette hanging out of the window, or when a fan is on. All of these also count as smoking inside the home. When we ask, "Does anyone ever smoke in the home?" we mean anywhere in the home at any time. Our top concern is making sure that children are not exposed to smoke where they live ever.

Smoking in the car includes when the child is present and is not present. It includes with the windows opened or closed, the air-conditioning on or off. It doesn't matter how or when someone smokes in the car. It is still smoking in the car. For more information on this issue, you can listen to the presentation on "Protecting Families from Smoke in Homes and Cars."

If the person answering the survey smokes, this is a great opportunity for you to move into steps two and three, Advise and Refer. You can learn more about these steps in the two other webcasts we mentioned. If the person completing the survey is a former smoker and answers that they quit less than a year ago, congratulate them.

Many women in Early Head Start quit for their pregnancy but are at high risk of starting again after the baby is born. Emphasize for these women and others who have recently quit that it is not safe to have even one cigarette, because that will often bring the person back to smoking regularly. If the person completing the survey currently smokes and is interested in learning free ways to help them quit, that is a huge step. You will find more information on how to help this person move forward in the "Connecting Families to Free Quit Resources" webinar. During this webcast, we've gone over how to use the top portion of the Family Smoking Survey.

It is important that every family in your program complete the Family Smoking Survey once a year. It's a great opportunity to remind smokers that changing their behavior will make their whole family healthier. You can use this action plan to develop a system in your program for making this happen. A blank copy of this action plan is available on the ECLKC Head Start website, along with the Family Smoking Survey.

On the screen we have a sample action plan for making sure families complete the survey. Remember, the specific tasks that need to happen to complete the goal of having every family complete the Family Smoking Survey will be different for every program.

So you and your team should spend time figuring out the best way to accomplish this goal with the staff and resources you have available. For example, some programs such as the program described here may ask parents to complete the survey on their own and return it to the program. Other programs may choose to use home visits as an opportunity to have families complete the survey with a staff member to get started right away. If the person completing the survey answered yes to any of these questions: "Does anyone ever smoke in your home?" "Does anyone ever smoke in your car?" or "Do you currently smoke?"

It's time to use the bottom half of this survey tool. Please see the webcast on "Protecting Families from Smoke in Homes and Cars," and on "Connecting Families to Free Quit Resources" for more information. If you have any questions about the information we shared during this

webcast, please call the National Center on Health toll-free at 1-888-227-5125. You can also contact us by email at nchinfo@aap.org.

We wish you all the best as you take this important step to help the children and families in your program.

Thank you for your commitment to creating safe, healthy environments for children to live, learn, and play.